

BOBBY CLENNELL

Senior Iyengar yoga teacher

\$250 ON OR BEFORE MARCH 31 \$300 AFTER MARCH 31 SPACE IS LIMITED!

Bio

Bobby Clennell has been a direct student of B.K.S. Iyengar and Geeta Iyengar for 40 years and is a senior teacher at the Iyengar Yoga Institute of New York. She is the author and illustrator of three books, *The Woman's Yoga Book*, *Watch Me Do Yoga* and *Yoga for Breast Care*. Bobby's teaching style is strong, energetic, precise and kind.

Bobby is also the creator of "Yoga Yantra", a short animated film, based on the movements of B.K.S. Iyengar during his own yoga practice. For more information:

www.bobbyclennell.com.

Contact:

Tim@planetyoga.ca

What to bring:

4 Blankets

2 Blocks

2 Belts

Yoga Mat



Send cheque payable to Tim Ruddy 767 rue du Convent Montreal, Quebec H4C 2R5, pay cash in person or send through email money transfer to tim@planetyoga.ca

Who can attend?

Anyone can attend this workshop who has a **very good** working knowledge of Iyengar yoga. Must know the Iyengar yoga method of doing shoulder stand and be able to do head stand (near the wall is fine) and shoulder stand for 5 minutes each.

Schedule June 26-28 2015

Schedule subject to change!

Friday 6pm-9pm
Standing Poses

Saturday 9am-12
Forward Bends & Twists
3pm-5pm Healthy Hips

Sunday 9am-1pm
Backbends

\$250 on/before March 31
\$300 after March 31

Monday June 29
9am-12
Towards Hanumanasana
Iyengar Yoga Teachers,
Teachers in Training &
experienced students:
\$60

Monday June 29
7pm-9pm
Yoga for Breast Care
\$40

Standing poses: The standing poses build strength and endurance, and give us a good foundation for all of the other poses.

Forward Bends and Twists: The twists are energizing and warming. The forward bends are calming and cooling, bring relief from anxiety, lower blood pressure and help a distracted mind unwind and focus. When combined, we discover a quiet, yet stable frame of mind.

Healthy Hips: "The hips are the seat of wisdom" B.K.S. Iyengar.

Understand your hips and learn to balance freedom and stability.

Back bends: energize the nervous

system, boost circulation throughout the body, stimulate creativity and give us courage.

Toward Hanomanasana:

By opening and elongating in the quadriceps and front hip flexors, then lengthening and releasing tension in the hamstrings this workshop progresses the practitioner toward Hanomanasana.

Yoga for Breast Care:

Learn a practice which promotes lymphatic drainage, strengthens the immune system, supports liver function, and promotes ease and freedom in the chest, lungs, upper back and shoulders.

Location: TBA in Montreal

Cancellations are accepted up to 2 weeks before the workshop. 50% administration charge to cancel. Your fee is non transferable. Partial workshop allowed only if space permits. You will be notified 1 week before. Premium fee of \$25 per hour applies.